

First Time Waltz

拍數: 48 牆數: 2 級數: Beginner waltz
編舞者: Roz Morgan (USA)
音樂: Their Hearts Are Dancing - The Forester Sisters



BASIC WALTZ STEPS FORWARD AND BACK

1-3 Step left foot forward, step right foot beside left foot, step left foot forward
4-6 Step right foot back, step left foot beside right foot, step right foot back

TWINKLE STEPS

1-3 Cross-step left foot over right foot, step right foot to right side, step left foot to left side
4-6 Cross-step right foot over left foot, step left foot to left side, step right foot to right side

BASIC WALTZ STEPS FORWARD AND BACK

1-3 Step left foot forward, step right foot beside left foot, step left foot forward
4-6 Step right foot back, step left foot beside right foot, step right foot back

TWINKLE STEPS

1-3 Cross-step left foot over right foot, step right foot to right side, step left foot to left side
4-6 Cross-step right foot over left foot, step left foot to left side, step right foot to right side

WEAVE, SWEEP, STEP, CROSS

1-3 Step left foot in front of right foot, step right foot to right, step left foot behind right foot
4-6 Sweep right foot behind left foot (step down on right foot and take weight), step left foot to left side, step right foot in front of left foot

ROCK RECOVER CROSS LEFT AND RIGHT

1-3 Rock left foot to left side, recover on right foot (take weight), cross left foot over right foot
4-6 Rock right foot to right side, recover on left foot, cross right foot over left foot

¼ TURN BASIC WALTZ, BASIC WALTZ BACK

1-3 Step ¼ turn left on left foot (9:00), step right foot beside left foot, step left foot forward
4-6 Step right foot back, step left foot beside right foot, step right foot back

¼ TURN BASIC WALTZ, BASIC WALTZ BACK

1-3 Step ¼ turn left on left foot (6:00), step right foot beside left foot, step left foot forward
4-6 Step right foot back, step left foot beside right foot, step right foot back

REPEAT
